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A

TREATISE

ON

ONANISM, &c.

[Price One Shilling and Six-pence.]

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" Youth is the important Period for framing a
" robuſt Conſtitution. Nothing is ſo much to
" be dreaded as the premature or exceſſive In-
" dulgence of amorous Pleaſures; hence ariſe
" Apoplexies, Lethargies, Epilepſies, Tremors,
" Palſy, Spaſms, Weakneſs of Sight, Loſs of
" Appetite, and mental Decay. A Body which
" is ennervated in Youth, never recovers itſelf;
" old Age and Infirmity ſpeedily come on, and
" the Thread of Life is ſhortened."

" *But what more baſe, more noxious to the Body,*
" *Than by the Power of Fancy to excite*
" *Such lewd Ideas of an abſent Object,*
" *As rouſe the Organs form'd for nobler Ends,*
" *To ruſh into th'Embraces of a Phantom,*
" *And do the Deed of Perſonal Enjoyment!*"

Σεμνὸς ἔρως αρετῆς· ὁ δὲ κυπρίδος αχθος οφελλει.

By *W. FARRER*, M. D.

The Third Edition, greatly altered, and enlarged.

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THE PREFACE.

THE ſubject of this Treatiſe is of ſuch a nature, that I was a long time unſatisfied, before I could bring myſelf to reſolve upon the publication of it. I obſerved it very difficult to treat of it with ſuch prudence and caution, as neither to omit what was neceſſary to be ſaid, nor to ſay any thing that the luſtful and licentious may not turn to ſport and ridicule, or to ſome further improvement in their vice. And, I doubt not, but others beſides me, have been withheld from it by the ſame conſideration; and that this is the principal reaſon why ſo little has been written againſt it. And yet, perhaps, there is no

ſubject

ſubject whereupon there is more need of writing than this.

Innumerable inſtances have afforded me a melancholy conviction, that there are multitudes in the world, who, tho' free from committing any open acts of impurity, are yet poſſeſſed by the diſorderly paſſions of the fleſh, and defile themſelves divers ways, by actions and deſires contrary to chaſtity. Self-pollution is one of thoſe vices that reign moſt generally. It is an unnatural, dangerous, wicked, and deſtructive ſin; a ſin, that is very often attended with dreadful conſequences in this world, and brings ruin and miſery to peoples bodies and ſouls, relations and poſterity; and a ſin which we ſee remarkably puniſhed in *Onan*, by a particular ſtroke from Almighty God. *The thing which he did diſpleaſed the Lord, therefore he ſlew him alſo* *.

If a man enquire how it comes to paſs, that this vice reigns ſo generally in all places,

* Gen. xxxviii. 10.

places, he will find that the chief cauſes of this evil, are the ſcarcity of inſtruction and aſſiſtance in relation to it, and the ſecreſy in which it may be committed. For it is certain, that did young people rightly underſtand the heinouſneſs of this ſin, and the reaſons there are for refraining from it, if they would ſeriouſly call to mind thoſe admirable precepts of purity, and the powerful motives to chaſtity, which are offered by the Goſpel; if they would make uſe of thoſe ſo effectual means which the Goſpel affords, for conquering the deſires of the fleſh, and living continently and holily, vices of this kind would be much rarer than they are. But people are not ordinarily inſtructed in this matter; and there are few books relating to it, whereby to ſupply the want of oral inſtructions; whilſt, on the contrary, there are plenty of wicked books to promote impurity, and the number of them is every day increaſing.

Again,

Again, thoſe who are guilty of this ſin, ſtudy all they can to conceal it, and generally order the matter, ſo as no one may diſcover them. But let not ſuch perſons delude themſelves further; for they may poſſibly think alſo, to manage their lewdneſs ſo as to have the pleaſure they deſire, without incurring the evil conſequences that generally attend it; for if ever they make the attempt, they will be in great danger of finding themſelves groſly miſtaken, and they will then ſee their folly when it is too late.

When once young people allow themſelves in any lewd or intemperate courſe, daily experience ſhews, how it captivates their underſtandings, gets the aſcendant over their wills, and carries them much further than they ever intended, or had any apprehenſion of. When they have begun to give way to their vicious inclinations, theſe are apt to grow upon them, and become more and more impetuous, till they have got the maſtery over them; and then no one knows whither they will carry

carry them. All their reſolutions of prudence and management are apt to fail them, and they quickly find, to their coſt, how much wiſer, and ſafer, and better, upon all accounts it had been, to have rejected the firſt temptation to their wickedneſs: For at beſt, vices of this kind uſually carry perſons on by degrees, till they are got beyond recovery; but ſometimes they are quicker in their operation, and ruin them, and expoſe their vanity and folly in a very little time. For as a certain Author obſerves

" Looſe thoughts *at firſt*, like *ſubterranean*
" fires,
" Burn inward, ſmothering with *unchaſte*
" deſires;
" But, getting vent, to *rage* and *fury* turn,
" Burſt in *Volcanoes*, and like *Ætna* burn;
" The heat increaſes as the flames aſpire,
" And turns the *ſolid hills to liquid fire.*
" So ſenſual flames, when raging in the
" ſoul,
" Firſt vitiate all the parts, then fire the
" whole;

" *Burn up* the bright, the beauteous, the
" ſublime,
" And turn our *lawful* pleaſures into
" *crime.*"

And whereas this book may fall into the hands of divers who are guilty of the vices herein condemned, I earneſtly beſeech ſuch to conſider ſeriouſly what I have advanced, and that whilſt they are reading it, they will duly reflect upon their own caſe, and diſengage themſelves from the ſnares of ſenſuality whilſt they may. This is the advice of the Poet:

" *Opprime dum nova ſunt, ſubiti mala ſemina*
" *morbi,*
" *Dum licet in primo, limine ſiſte pedem.*"

OVID. de Rem. Lib. 1.

And let thoſe alſo who have not incurred this guilt, and more particularly the younger ſort of both ſexes, make a good uſe of what they meet with here, that it may

may be a means of ſecuring them againſt a ſin, whoſe conſequences are ſo fatal, and which involves thoſe that indulge themſelves in it, in the utmoſt misfortunes.

W. FARRER.

Note,

Note, Thoſe who think fit to leave letters for the Author, where this Book is ſold (eſpecially thoſe who can afford to pay a phyſician) are deſired to leave with them reaſonable fees; for he has not leiſure to read letters, conſider particular caſes, and write anſwers, without ſuitable gratuities for his time and trouble. Thoſe alſo who ſend their caſes, ought to be very particular in reſpect to the ſymptoms of their indiſpoſitions, length of time they have been afflicted, what means they have already uſed, and likewiſe their age, preſent degree of ſtrength, conſtitution, habit of body, *&c.* And ſuch as write from the country, are deſired to ſend their letters (poſt-paid) directed for the Author, to be left at Mr. *Johnſon*'s, Bookſeller, No. 72, in St. *Paul*'s Church-yard, *London*.

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ONANISM, &c.



MASTUPRATIO, or *Manuſtupratio*; Manual Stupration, or Self-Pollution, is a vice hardly to be named, much leſs to be practiſed in a country, where virtue, decency, or politeneſs, have the leaſt regard paid to them: It is in itſelf heinous and unnatural; in its practice odious and deteſtable; its guilt is great, and its conſequences ruinous.

Providence has implanted in human nature, what is by ſome called the *Paſſion of Love*, and by others the *Appetite of Luſt* *, for very wiſe purpoſes; but has given us reaſon to reſtrain this neceſſary inclination, and keep it within due limits.

Every day, however, furniſhes us with inſtances, which evince, that reaſon is not always a balance againſt the appetites; for young people (of both ſexes) regardleſs, or perhaps ignorant of the conſequences, too often indulge themſelves in this prepoſterous method of venery; and 'tis beyond a doubt, that many, more advanced in years, who are long immured in colleges and cloiſters, and at laſt elope from their cells, utterly deſtitute of ſcience, and equally unacquainted

* Dogmata divini memorant ſi vera Platonis
Sunt gemini veneres & geminatus amor.
Cæleſtis venus eſt nulla generata parente
Quæ caſto ſanctos nectit amore viros.
Altera ſed venus, eſt totum vulgata per orbem
Quæ divûm mentes alligat atque hominum;
Improba ſeductrix, petulans, &c.

Beroald. Epigram.

acquainted with the world and books, are not leſs guilty of this enormous vice *.

Theſe, by a moſt deteſtable kind of magic, conjure up at pleaſure an ideal Venus, and thus never want an opportunity of enjoying an imaginary miſtreſs: By the frequent repetition of theſe execrable pleaſures, they induce an infinitude of the worſt diſorders, moſt commonly attended with an utter impotence as to real enjoyments.

It is ſo ordained, that conſequently to the ſtructure and conſtitution of all animal bodies when they have arrived at a certain age and degree of ſtrength, there are ſome particular humours ſeparated from the blood, which, by either returning into the circulation, or by becoming ſtagnated in their containing veſſels, irritate the ner-

* Ardenter appetit qui otioſam vitam agit, et communiter incurrit hæc paſſio ſolitarios, delicioſe viventes, incontinentes, religioſos, &c. PLUTARCH.

vous ſyſtem, and ſo violently ſtimulate, as to excite convulſions.

For this purpoſe there are organs in both ſexes, admirably adapted, through whoſe inſtigation, an ardent deſire ariſes of giving a mutual eaſe to each other; wherefore by the mediating aptneſs of the ſtructure in theſe parts, generation is effected, and the propagation of the ſpecies is carried on.

It is obſervable, that in many perſons, this deſire is very weak; which happens either on account of their natural temperament, or of the acquired habit of indifference, brought on by a too ſtudious application of the mind.

But in all this ſtimulus to amorous concupiſcence (ever accompanied with a remarkable uneaſineſs) is more frequently felt at its firſt onſet in the days of adoleſcence; tho' if we attend to the effects of venereal commerce at this time of life, we ſhall diſcover that nature has not intended theſe hu-

mours, for the purpoſe of propagation only, ſince repeated acts in ſo early an age, reſtrain the growth of the individual, and unnerve the man.

Beſides, that there is a benefit accruing from them to the conſtitution, may be collected from an obſervation of thoſe appearances that ariſe therein at the time of puberty. Then it is that hairs begin to ſhoot at the *pubes*, the beard grows, the voice alters to a graver tone, and muſcular ſtrength is augmented; and that the cauſe of theſe appearances, is the *ſuccus genitalis* abſorbed, and reconveyed into the habit, there is no room to doubt, how myſterious ſoever it may appear to the underſtanding.

It is this vital ſeed which makes men hot, robuſt, hairy, of a ſtrong and deep voice, bold and courageous, and fit to contrive or execute any enterprize. Men are a proof of this. Whereas they who are deſtitute of this animating fluid, are wrinkled, pale, weak, of a ſhrill voice, without hair, beardleſs,

leſs, and effeminate: Such are eunuchs. For,

For we know from experience, if the ſecretory organs of this juice be deſtroyed by caſtration, before the time of puberty, as is frequently done in Italy*, to preſerve the voice, the beard does not grow, nor the voice differ from that of a woman; and if by any accident a man is deprived of his teſticles after this age, the deſtruction of theſe marks of virility alſo follow. In confirmation of this, *Boerhaave* has given us an inſtance of fact.

" There was, ſays he, an intrepid ſol-
" dier, who aſpiring after the reward pro-
" poſed

* We are told that the *Parthians* caſtrate out of luxury, for the retarding of age, and prolonging of life; they having obſerved that caſtrated animals of any kind, by that means live longer than thoſe that retain their virility, and that likewiſe they keep a better habit of body by it; wherefore, as authors alſo relate, the Canibals that live near the Æquator and hunt after men to eat them, when they have taken any males of the neighbouring nations, they many times geld them, and fatten them up for ſlaughter, as we do capons.

" poſed by the general, to him who ſhould
" firſt fix the ſtandard on the enemies fort,
" climbed through the thick battery of the
" enemy, but unfortunately for him the
" fire of a cannon took off both his teſ-
" ticles; yet he recovered, and became at
" length effeminate, not in mind, but in
" body. The ſtrength of the ſeveral
" muſcles of the genital parts ſtill con-
" tinued, and nothing was wanting towards
" his virility but his teſticles, and yet his
" voice ſoon altered, and his beard fell
" off, *&c. &c.** "

Hence the following lines of *Butler*:

" Loſs of virility's averr'd
" To be the cauſe of loſs of beard."

HUDIBRASS.

And hence the Poet's advice to the Ladies:

" Suſpect the ſoft ſmooth chin where
" manly ſtrength
" Hath ſpread with ſparing hand the
" downy beard;

" Or

* Boerhaave Prælect. and Inſtitut. p. 444. Edit. Goet.

" Or thou who e'er thou art, fond nymph,
" too late
" Shalt rue thy fruſtrate hopes *."

For the man who is retentive of the ſeminal juices, becomes bold, hardy, and ſtrong, like the beaſts of the foreſt; witneſs the *Athletæ* of old, who led chaſte lives.

The *ſemen virile* is a fluid of the moſt elaborate and noble production of any in the whole body, except that of the nerves, to which it is analogous, and which in proportion to this analogy cannot be evacuated without diminiſhing the ſtrength of the nervous ſyſtem: Hence venery ought to be only moderately uſed, leſt too great an evacuation of this ſubſtance prove prejudicial to health.

A frequent ejection of the ſemen requires a ſound and vigorous habit of body, becauſe

* Hiſpida membra quidem, et duræ per brachia ſetæ,
Promittunt atrocem animum. Juv.

becauſe it exhauſts the ſtrength and weakens the perſon: Hence *Pythagoras*, when aſked when coition was to be uſed, wiſely anſwered, "When you have an inclination to "render yourſelf weaker."

The loſs of too much ſemen (ſays the incomparable Boerhaave) debilitates, and renders exerciſe difficult; it cauſes convulſions, emaciation, and pains in the membrane of the brain; it deadens the ſenſes, and particularly the ſight, gives riſe to a dorſal conſumption, indolence, and various other diſorders, which are connected with theſe *: All which diſorders are much more terrible, when occaſioned in an *unnatural*, than in a *natural* way.

But theſe diſorders are not wholly owing to the expence of ſemen, but in a great meaſure to thoſe univerſal convulſions that always accompany the emiſſion of it; and if we conſider the human body, as made up of flexible pipes, and yielding fluids, we ſhall readily underſtand how convulſions

* Boerhaave Inſtitut. p. 776.

wear out the conſtitution, and produce theſe effects, *viz.* by deſtroying the ſtrength and elaſticity of the ſolid parts.

That the extacy which accompanies venereal enjoyments is of the nature of a convulſion, is not hard to be conceived. *Haller* ſays, "It is a very violent action which "borders upon convulſions, and which "thereby ſurpriſingly weakens and preju-"dices the whole nervous ſyſtem."

Quincy, in his explanation of *Sanctorius*'s Aphoriſms, expreſsly ſays, "At the time "of coition, the fibres are intenſely drawn "up; that too frequent uſe of this exer-"ciſe cannot but be very prejudicial to "health, by overſtraining and deſtroying "the force of the fibres *" The natural conſequence of which muſt be a ſpringineſs and action upon their contents.

Sanctorius is very copious on this ſubject: He ſhews how, if exceſſive, it curbs perſpira-

* Sanctor. Sect. IV. Aphor. 1.

perſpiration *, hurts concoction, occaſions laſſitude, deſtroys agility, prejudices the lungs, cools the ſtomach, raiſes palpitations, introduces obſtructions, checks ſtools, hurts the eye-ſight, deſtroys the natural heat, raiſes inflations, heats the kidneys, cauſes gravel, and introduces catarrhs and *ſyncopes*. And all theſe effects are increaſed by an exceſſive draught of the ſeminal liquor from the blood, which is thereby robbed of its moſt pure, balſamic, and invigorating particles.

The violent palpitations which ſometimes alſo accompany coition, are convulſive ſymptoms. *Hippocrates* ſpeaks of a young man who was afflicted with inceſſant palpitations, occaſioned by baccanalian and venereal exceſſes †. And *Dolæus* ſaw one who was ſeized in the very act, with ſo violent a palpitation, that he would have been ſtifled, had he perſiſted in the operation ‡.

* Mala a nimio coitu orta mediate a perſpiratione. Sect. IV. Aph. 3.

† Epidem. Lib. 3. Sect. 7.

‡ Encylop. Med. Lib. 2. p. 147.

As venery then only agrees with robuſt and vigorous conſtitutions, ſo the uſe of it is principally beneficial to health after the ſtomach is empty, and perſpiration duly performed, eſpecially if the perſon has ſlept well, and taken aliments of a nutritive digeſtion. For theſe things are of ſuch a nature as to increaſe the ſtrength and vigor of the body, and conſequently to favor venery, or at leaſt to prevent the bad effects it would otherwiſe have. This is the Aphoriſm of *Sanctorius*: Coitus immoderatus poſtulat cibos paucos et boni nutrimenti *.

Upon a full ſtomach coition is abſolutely injurious, both to the man and to the woman; for as nothing requires more animal ſpirits than acts of venery, it conſumes and robs the ſtomach of thoſe that are neceſſary for digeſtion. A certain man having to do with a woman upon a full and diſtended ſtomach, preſently after expired.

The

* Sect. IV. Aphoriſm 22.

The perſon who would often engage in venery, ought to guard againſt all ſurfeits, hunger, labours, exceſſive ſtudies, veneſections, watchings, purges, and every thing which can in the leaſt impair, and deſtroy the ſtrength.

Celſus obſerves, "That we ought not "too eagerly to purſue, or too ſolicitouſly "to avoid intercourſes with the tender "ſex." Pleaſures of this kind rarely indulged, render the body alert and active; but if too frequently repeated, weak, languid, and unactive. And as the proper degree of theſe pleaſures is not to be eſtimated by the number of repetitions, but by the conſtitution, the age, and the ſtrength of the perſon; ſo we may take it for granted, with reſpect to this particular, that the enjoyment which is neither followed by weakneſs, nor ſucceeded by pain, is not prejudicial.

"The day (he ſays) is the worſt ſeaſon for "pleaſures of this kind, eſpecially if they "are

" are ſucceeded by a full meal; the night is " leſs hazardous, but even then ſubſequent " fatigue with long watching render it " improper. It ſhould alſo be abſtained " from in ſummer; becauſe, at that time, " it is ſubject to throw the humours into " preternatural commotions." It is more ſalutary in the ſpring, than at any other ſeaſon of the year.

Again, " Theſe pleaſures (ſays he) are " always hurtful to weak people, and the " frequent indulgence in them weakens " thoſe of ſtronger conſtitutions *." And *Lommius*, in his beautiful Commentaries upon theſe paſſages of *Celſus*, ſupports the teſtimony of his author with his own juſt obſervations, " Frequent emiſſions " of the ſeed, relax, dry up, weaken, " enervate, and produce a croud of evils, " apoplexies, lethargies, epilepſies, faint- " ings, the loſs of ſight, tremors, palſies, " ſpaſms, and every ſpecies of the moſt " racking gout †."

Gaubius

* De Re Medica, Lib. 1. C. 9, & 1.

† Comment. de Sanit. tuend. p. m. 37.

Gaubius hath not only painted the ills, but alſo pointed out the cauſes with that ſagacity and preciſion, which are poſſeſſed only by the greateſt maſters, " * An im- " moderate emiſſion of ſeed (ſays he) is " not only prejudicial, by reaſon of the " loſs of a moſt uſeful humour, but like- " wiſe

* Immoderata ſeminis profuſio, non ſolum utiliſſime humoris jacturâ, ſed ipſo etiam motu convulſivo, quo emittitur, frequentius repetito imprimis lædit. Etenim ſummam voluptatem univerſalis excipit virium reſolutio, quæ crebro ferri nequi qui enervet. Colatoria autem corporis quo magis emulgentur, eo plus humorem aliunde ad ſe trahunt; ficciſque ſic ad genitalia derivati, reliquæ partes depauperantur. Inde ex nimia venere laſſitudo, debelitas, immobilitas, inceſſus de lumbis, encephali dolores, convulſiones ſenſuum omnium maxime viſus, habitudo, cæcitas, fatuitas, circulatio febrilis, exciccatio, macies, tabes & pulmonica & dorſalis, effeminatio. Augentur hæc mala atque inſabilia fiunt ob perpetuum in venerum pruritum, quem mens non minus quam corpus, tandem contrahit, quoque efficitur ut et dormientes obſcena phantaſmata excreant, & in tentaginem pronæ partes quavis occaſione impetum concipiant onorique & ſtimulo ſit quamlibet exigua reparari ſpermatis copia leviſſimo conatu et vel ſine hoc de relaxatis loculis relapſura. Quo circa liquet, quam adoleſcentiæ florem adeo peſſumdet iſte exceſſus.

Inſtit. Pathologic. Medicinal. Auct. H. D. Gaubio.

" wiſe by a too frequent repetition of the
" convulſive motion by which it is diſ-
" charged; for the higheſt pleaſure is fol-
" lowed by an univerſal reſolution of the
" natural powers, which cannot frequently
" take place without enervation. Beſides,
" the more the ſtrainers of the body are
" drained, the more humours they draw to
" them from the other parts; and the
" juices being thus conveyed to the geni-
" tals, the other parts are impoveriſhed."

" Hence it is, that from exceſſive venery
" ariſe laſſitude, weakneſs, numbneſs, a
" feeble gait, head-achs, convulſions of all
" the ſenſes, but eſpecially of the ſight; a
" dulneſs of hearing, an idiot look, a fe-
" veriſh circulation, leanneſs, a conſump-
" tion of the lungs and back, and effemi-
" nacy; theſe evils are increaſed and be-
" come incurable, by reaſon of a perpetual
" itch for pleaſure, which the mind at laſt
" contracts, as well as the body; and from
" hence it proceeds that they have obſcene
" dreams in ſleep, and that the prone parts
" upon

" upon every the ſlighteſt occaſion have a
" tendency to ſtiffen, and the quantity of
" replaced ſemen, however ſmall, becomes
" a burden and a ſtimulus, which ſemen
" will be diſcharged from the relaxed cells,
" by the ſlighteſt effort, and even without
" any effort at all. Thus it is, that this
" exceſs brings ſuch perdition upon the
" flower of our youth."

Perſons of a tender and delicate habit of body, and weak craſis of blood and ſpirits, ſhould by no means indulge themſelves in venereal engagements, without great moderation and caution; thoſe who are either too young, or too old, and thoſe who are lately recovered from a diſeaſe, ought alſo to abſtain from venery, leſt they bring on too great a relaxation of the nerves, and by overſtraining the fibres that compoſe all the parts of their bodies, injure and weaken their ſeveral functions in the animal ſyſtem, and thereby render themſelves obnoxious to a train of evils that will make their days miſerable, and ſhorten their lives; for no-

thing ſhortens the duration of life ſo much, as the abuſe of amorous pleaſures.

" As to venery, ſays *Sydenham*, he that " is old and gouty (being now deſtitute of " a ſtock of ſpirits, whereby the concoc- " tions ought to be promoted, and by con- " quence his joints and the neighbouring " parts to them too much weakened and " looſened without this adventitious de- " ſtruction) is equally as improvident in " my opinion, if he indulge himſelf in " theſe allurements, as he that having un- " dertaken a journey ſhould conſume all " his proviſions before he ſets out; for, " beſides the miſchiefs he brings upon " himſelf by not reſtraining the impotent " deſires of feeble age, he deprives him- " ſelf of enjoying that jubilee, which is re- " ſerved as the great and ſpecial favor of " nature for old men only, whereby, in " the laſt ſcene of their lives, they are eman- " cipated from the impetuoſities of luſt, " which, like a ravenous beaſt, worried " them all the time of their youth, night

" and

" and day. For the full ſatisfaction of " theſe appetites can no way compenſate " for that long train of miſeries that either " accompany or follow it."

" ----- ----- ----- The good old man,
" Is by his tame frigidity admoniſhed,
" Not to engage in the dull drudgery,
" Miſtaken for enchanting ſcenes of
" pleaſure,
" Leſt thus he ſnap his feeble thread
" of life."

But there are multitudes of aged ſinners who burn with this impure fire, and whoſe age does not at all render them either the wiſer, or the more chaſte.

Thus the exceſs of venery, deſtroys the bloom of youth, and is pernicious to old age. The death of old men, which often follows ſoon after they marry young wives, ſufficiently declares that love was not made for them.

CASE.

" Old *R.* having ſettled his children in " the world, being left to keep houſe with " a young maid-ſervant, and having his " mind entirely diſengaged from buſineſs, " began to fancy himſelf young again, " and turn his thoughts to love. He mar- " ried this young woman in the beginning " of September, and lived with her juſt " the honey-moon over ; for he died in " October, and left her enough to pur- " chaſe a huſband, who will ſuit her age " and conſtitution much better."

When the time of juvenile pleaſures is paſt, to wiſh for the happineſs which youth only is fitted to enjoy, is a plain indication, that the proper happineſs of advanced age ſuited to improved reaſon and wiſdom, wants a correſpondent ſtate of mind for its enjoyment. But debauchery poiſons the very ſource of the human ſpecies ; the old retain the vices of youth, and the young are old in conſtitution before they arrive at the years of maturity.

It was another prudent precept of *Celſus*, "That we ſhould take care of con-
"ſuming wantonly in a ſtate of health,
"what would be our ſupport during ſick-
"neſs*." And melancholy obſervations have taught me, that acute diſeaſes in thoſe who addict themſelves to exceſſive venereal pleaſures, were generally very fatal; their ſtages are very irregular, their ſymptoms capricious, and their periods uncertain. The conſtitution furniſhes no aſſiſtance, art muſt do every thing; and as it never produces any perfect criſis, ſo when after much difficulty the diſorder is ſurmounted, the patient ſtill remains, rather in a languiſhing ſtate than upon the mending hand; when he requires the ſame aſſiſtance as before to be aſſiduouſly paid him, to prevent any chronical diſorder from coming upon him.

Daily obſervations have alſo proved to me, that young people who in their infancy devoted themſelves to this uncleanneſs at the

* Cavendum ne in ſedunda valetudine adverſæ præſidia conſumantur.

the time that the marks of puberty began to appear, which epocha is the criſis of nature, when all its powers are required: obſervation has proved to me, I ſay, that theſe young people cannot hope ever to become vigorous and robuſt; and they may conſider themſelves very happy, when they enjoy a middling ſtate of health, free from capital diſorders, and acute pains.

"Young people, (ſays Mr. *Ludwig*,) of "either ſex, who devote themſelves to laſ- "civiouſneſs, deſtroy their health in diſſi- "pating thoſe powers which were deſigned "to bring their bodies to their greateſt "degree of vigor, and they at length fall "into conſumptions." For the check which is given to the body at the time of its growth, is attended with ſuch conſequences as can never be removed.

But, as moderation in every thing contributes to health, ſo alſo does temperate venery, and every one ought to carefully conſider what his conſtitution can bear; for

for a very robuſt perſon may ſafely indulge himſelf in a degree of venery, which would remarkably weaken one of a worſe conſtitution.

" Phyſicians are agreed that copulation
" When age adult and high-brac'd nerves
" invite,
" Should neither be immoderately deſired
" Nor dreaded to exceſs."

And it behoves a wiſe man, in every ſtage of life,

——— *ſervare modum, finemque tenere*
Naturamque ſequi *.

——— to hold the golden mean,
To keep the end in view, and follow nature.

Thus they, who by nature were ſtronger than others, have by intemperance rendered themſelves much weaker than thoſe who were naturally weak; and thoſe who were much weaker by nature, have by their temperance become ſuperior in ſtrength to thoſe

* Lucan. Lib. 2. V. 381.

thoſe who were ſtronger; for nothing renders an animal robuſt but the ſeminal juice, which is therefore of great efficacy and importance towards health, ſtrength, and magnanimity, as well as procreation.

But, as there are too many who do not attend to the rules here laid down, ſo much as would be convenient for them, perhaps the following caſe may be of ſome importance to ſuch as have not yet utterly deſtroyed their conſtitutions by an immoderate purſuit after pleaſures.

------- *Licuit, ſemperque licebit,*
Parcere perſonis, dicere divitiis.

CASE.

" A young collegian of twenty-five years
" of age, of a phlegmatico-ſanguine habit,
" who from his very infancy had a tender
" conſtitution, when about fifteen learnt
" of a wicked ſchool-fellow the execrable
" trick of *maſtupration*. He indulged
" himſelf in this vile and unmanly prac-
" tice

" tice very frequently, even almoſt daily,
" from the fifteenth to the twenty-third
" year of his age, and applied himſelf at
" the ſame time to writing in a very ſmall
" character; by which means he contracted
" ſuch an exceſſive weakneſs of his head
" and eyes, that theſe latter were frequently
" convulſed during his prepoſterous en-
" tertainment.

" Sometime ago while he was wickedly
" employed in this manner, and his deſign
" upon the very point of being executed,
" ſome perſon or other unexpectedly
" knocked at his chamber-door; which
" accident put him into ſuch confuſion,
" that the ultimate ſcene of his diverſion
" was left unaccompliſhed: Upon this he
" felt ſo exquiſite a pain, and ſo vehement
" a tenſion in his teſticles and ſpermatic
" veſſels, that he could not walk without
" the utmoſt difficulty. The force of his
" genius and the ſight of his eyes, ſeemed
" at the ſame time to be diminiſhed and
" impaired.

" Though he had the danger with which
" this execrable practice threatened him in
" full view, yet after the pain of his teſ-
" ticles was removed, he was ſo much in-
" fatuated as to repeat his crime, and be-
" gin again his former courſe *; but he
" was ſoon after ſeized with the like pain
" in his genitals, eſpecially in his teſticles,
" where the pain was accompanied with a
" very conſiderable tenſion. By the uſe
" of external and internal medicines, for
" about half a year, he alſo got this diſ-
" order removed, but with ſome difficulty.

" Soon after he was ſeized with a ſwel-
" ling in thoſe veſſels which go to the left
" teſticle. This ſwelling appeared larger
" than ordinary after meals, but was not ac-
" companied with pain, unleſs when by his
" folly he brought a ſtimulus on the parts;
" but though it was void of pain, it was
" attended with another very unlucky cir-
" cumſtance,

* ——————— " Facilis deſcenſus averni
" Sed revocare gradum ſuperaſque evadere ad auras;
" Hic labor, hoc opus eſt." Virg. Æn. 6.

" cumſtance, for it remains with him to
" this very day.

" To this was joined ſo great a weak-
" neſs of his head and eyes, that when he
" was about to read any thing, he ſeemed
" to be drunk and flufhed with wine; the
" pupils of his eyes were extremely dilated,
" and his eyes themſelves racked with
" darting pains, accompanied with ſome
" degree of tenſion; his eye-lids ſeemed
" as it were oppreſſed with a kind of
" weight; in the morning they were con-
" glutinated together, and watered very
" much; but this was not all, for both
" corners of his eyes, beſides the violent
" pains with which they were racked, were
" alſo clogged and ſtuffed with a whitiſh
" kind of matter.

" In this deplorable ſtate he was obliged
" to give over reading, and interrupt the
" courſe of his ſtudies for the ſpace of ſix
" months, during which time he employed
" himſelf in exerciſe and recreation, and

" in taking ſuch medicines as were judged
" proper for one in his condition; by
" which means he recovered ſo far, as to
" be able to apply himſelf to his ſtudies
" for two or three hours a day, which he
" can ſtill do; but if at any time he ſhould
" chance to protract his application and
" lengthen out his ſtudies beyond their
" ſtated time, he is immediately ſeized with
" the ſymptoms I have juſt deſcribed; be-
" ſides, he was become ſo lean, that his
" body was little more than a ſkeleton;
" and, though his appetite was good, yet
" he was indiſpoſed after his meals, and af-
" fected with a kind of drunkenneſs.

" But when he had got a juſter ſenſe of
" things, and had for almoſt the ſpace of
" two years abſtained from his former
" practice, and from all commerce with
" women, he began to be troubled with
" very frequent nocturnal pollutions, by
" which he found his body gradually more
" and more weakened, and his ſtrength im-
" paired; ſo that now what ſeemed princi-

" pally

" pally to be regarded was the removal of " this imbecility, which was after ſome " time entirely cured by the medicines and " means herein after recommended." The following Caſe is ſomething ſimilar to that I have juſt receited.

CASE.

T. T. who to the age of ſeventeen had enjoyed an excellent ſtate of health, and whoſe body was ſtrong, robuſt, and remarkably well made and proportioned, in the courſe of one year was reduced to a mere ſhadow, and from a fine youth, became an hideous ſpectre, having the appearance of a ſkeleton; he was feeble, and ſeemed to labour under all the infirmities of old age; his limbs could no longer perform their duties; his ſenſes and all the mental faculties, were blunted and impaired. *T. T.*'s phyſician had ordered him the bark, the cold bath, aſſes milk, chalybeates, vitriolic acids; in ſhort, almoſt every thing had been tried in vain. Being called to a conſultation on the caſe,

caſe, I was ſuſpicious of the cauſe of all theſe misfortunes, and poſitively charged him with being guilty of ſelf-pollution; which having at laſt acknowledged, I gave orders that he ſhould never be left one inſtant alone, either by night or by day. This reſtraint, with the exhibition of proper medicines, had the deſired effect. *T. T.* gradually recovered his ſtrength; he was introduced into the company of an accompliſhed young lady; a mutual paſſion ſoon terminated the courtſhip in an happy union. *T. T.* is now an huſband, and a father, and enjoys again an excellent ſtate of health.

It would ſwell this Treatiſe to a double ſize if I was to give the hiſtory of one fourth part of thoſe caſes which have occurred to me: Let theſe, therefore, ſuffice, as by them we learn that venery uſed either too ſoon, or too often, not only impairs the ſtrength of the body in general, but alſo debilitates the noble functions of the brain and eyes, to ſuch a degree, that the loſs becomes almoſt irreparable.

I have

I have had an opportunity of ſeeing a great many caſes, where perſons well advanced in years, have by immoderate venery, not only brought upon their eyes redneſs, darting pains accompanied with tenſion, a heavy ſenſation as if a weight was laid upon them, and a frequent ſhedding of tears, but likewiſe ſuch a weakneſs of ſight, that they were rendered incapable either to read or write; and I have found that in theſe very caſes, the pupils were always dilated, as they are in a *gutta ſerena*, by reaſon of the weakened or loſt tone of the muſcular and nervous fibres which ſurround them. But, why need I ſtop here? ſince I myſelf know two caſes in which a *gutta ſerena* itſelf was brought on by exceſſive venery, and a long ſeries of grief.

I lately ſaw a man of fifty-nine years of age, who three weeks after marriage with a young woman, fell ſuddenly blind, and died at the end of four months. We have alſo an account of a common proſtitute at *Hall*, in *Saxony*, who, about twenty years

years ago in *ipso æstu & actu venereo*, became irrecoverably blind.

Hence it appears how great and surprising a consent there is between the seminal parts, or rather the spirituous seminal fluid itself, and the fabric of the eye, which is composed of the finest membranes, nerves, and muscular fibres, as well as the most clear and transparent fluids.

The lymphatic seminal fluid, as I have already observed, is almost of the same nature and quality with that fluid which is secreted in the brain, and distributed thro' all the nerves of the body; for which reason the more plentiful the evacuation of the former is, the more scanty and defective the secretion of the other in the brain must of course be. Hence also a reason may be assigned why those youths who begin too early to taste the forbidden joys of *Venus*, sustain a considerable loss of memory, and are rendered unfit for study; and likewise why persons further advanced

in

in years, who are exceſſively addicted to venereal pleaſures, loſe their ſtrength, and bring on a premature death.

The reaſon of the nocturnal pollutions in the caſe firſt recited, is very plain; for the more copious and frequent the afflux of the humours, eſpecially of the ſeminal matter, has been to the organs deſtined for generation, either by the force of imagination or otherwiſe; I ſay, the more frequent and copious ſuch an afflux has been, the more the ſpermatic veſſels are dilated and relaxed, and the ſeminal juice for that very reaſon flows into them in a greater quantity, and lays a foundation for thoſe wanton ideas and ſeminal excretions, which even during ſleep, affect people of warm imaginations.

Many a young man has been utterly undone, who has thus thoughtleſsly forced, over-ſtretched, and weakened the tender veſſels of thoſe organs, and when come to the years of maturity, rendered himſelf

(to women ridiculous, becauſe) totally impotent.

Not only do young people ſuffer by exceſſes of this kind when they are come to the years of puberty, but many after they are arrived to the ſtate of manhood, by too frequently indulging themſelves in amorous enjoyments, have brought upon themſelves a *lapſus ſeminis*, and ſuch a degree of weakneſs, that the touch of a woman, or thought of enjoying her, has occaſioned an inſtant emiſſion of the *ſemen*, without any ſenſation of pleaſure: In others it has cauſed a total loſs of erection. Hence the frequent proceſſes for divorces, *ex capite impotentiæ* *.

Nor

* *Hippocrates* has given us ſome inſtances, where a conſtant riding on horſeback has alſo been deſtructive of virility, and occaſioned an impotency in reſpect to venereal engagements; and men who ride much, experience the truth of this obſervation. Theſe are his words:

Ὅσοι γὰρ ἱππάζονται μάλιστα καὶ φυκιοτάτη ἐκεῖ πλεῖστα ἀπὸ κεφαλῆς καὶ ἰχιάδων καὶ παιδαγρίων ἁλίσκονται, λαγνεύειν κάκιστοι εἰσὶν. Τάυτα δὲ τοῖσιδε σκυθησι μάλιστα καὶ εὐνούχοι εἰδίσλατοι εἰσὶν ἀνθρώπων διὰ τας ἀφυσιας, καὶ ὅτι ἀναξυρίδας ἔχουσιν

Nor are theſe deſtructive practices confined to the male ſex only, for they even ſeem to have made a greater progreſs with women than with men.

I have known married women of a laſcivious diſpoſition, (not ſatisfied with what their huſbands could do) procure to themſelves, *digitis vel aliis inſtrumentis penem imitantibus*, a pleaſure, *quæ coitus locum ſupplet*. Widows, or ſuch whoſe huſbands are abſent, young women, and girls at board-

ἔχουσιν ἀεὶ ἐισίν ἐπὶ των ἵππων τὸ πλεῖσον τῦ χρονυ ὥσε μητη χεῖρι ἁπτεδι τῦ ἀιδόιυ ἁπω τε τῦ ψυχε῀ ἢ τυ κοτε ἐπιλαθεδαι τῦ ἱμερυ ἢ τη; μιξι῀ ἢ μεδεν παρακινεῖν προτερον εἰ ανανδ ροθῦναι.

The reaſons are plain; for firſt the *erectores* and other muſcles lie between the horſe and the weight of the rider; and as they ought to be tenſe to a certain degree, this poſition itſelf ſeems to deſtroy their tone; for how is it poſſible the muſcles ſhould avoid compreſſion in riding, when, at every jolt, they are knead as dough, and are thereby at leaſt relaxed far beyond their ordinary tenſion. Beſides, fatigue has always the effect of exhaling the ſpirits, and when men loſe their ſpirits, and have paralytic muſcles in the parts neceſſary for coition, it is impoſſible they ſhould act without materials. There is no ſpeaking without a tongue, or flying without wings.

ing-ſchools, to their irreparable diſgrace, every day ſacrifice themſelves to this deſtructive phrenzy.

Hence the general cauſe of that troubleſome and diſagreeable diſorder the *fluor albus*, or whites, which moſt women are more or leſs ſubject to; a diſorder that daily waſtes them, makes their lives troubleſome, and takes off their colour and appetites.

You need only ſee a woman's face, to know if ſhe is troubled with the whites; for her eyes have a leaden circle about them, her cheeks are pale and earth-coloured, ſhe is every now and then clapping her hands to her back (which is a ſecret confeſſion ſhe feels ſomething troubleſome there) and ſuch women ſeldom fail of having pain in their backs.

We are not ſo well acquainted with what conception is, or rather how we are begotten, as we are with the impediments

to

to generation*; and this is too well known, to wit, that women ſubject to the whites are often barren; becauſe to receive, retain, and convey the matter of generation to its proper and determined ſtation, is the office of veſſels fitted for that purpoſe; and we find that great work of peopling the world falls ſeldom to the lot of moiſt and phlegmatic wombs.

Thoſe, therefore, of opulent families, would do well, to examine from time to time, at proper ſeaſons, into the condition of this part in their female children, for fear they ſometime or other become wives, without the hopes of ever becoming mothers, and families become extinct thereby; for a little care would prevent the laſt degree

* "Adhuc in tenebris (inquit *Liſter*) ſunt generatio, "et utriuſque ſexûs virtutes: uteri qui ſani et ſecundum naturam ſe habent prolis quidem concipiendæ "potes ſunt, et in quo conſiſtit ita ſanitas, Queſtio eſt."

"Quando mas (inquit *Ettmullerus*) emittit genituram "[debitæ conſiſtentiæ] largiter, et quando, nullum adeſt vitium conformationis, mas abſolvitur, et vitium "ſterilitatis eſt in fœminâ, quæ mille modis, poteſt "impediri."

gree of this diſeaſe, and keep that part perpetually in good order, and fit for generation.

Beſides theſe ſymptoms, they are particularly expoſed to hyſteric fits, or ſhocking vapors, to cramps in the ſtomach and bowels, to frequent abortions, to deſcents of the matrix and the *furor uterinus*; for when they are guilty of exceſſes, their nervous ſyſtem being weaker than ours, and naturally more ſubject to ſpaſms, the accidents which ariſe therefrom are more violent.

" Ut corpus, teneris ſic mens infirma
" puellis."

I have now a young lady, not quite fifteen, under my care; who, by this deteſtable practice, has brought on a conſumption, the *fluor albus*, and a diabetes; ſhe is alſo frequently ſubject to convulſions, and alſo to fainting fits, upon any little extraordinary perturbation of ſpirits.

From this cauſe alſo we may juſtly derive moſt of the hypochondriac and hyſteric affections, which great numbers of both ſexes labour under; a cauſe but little known, and ſeldom enquired into by the generality of phyſicians; and if thoſe who are afflicted with theſe diſorders, give themſelves up to this practice, it completes all the accidents that flow from them, and renders the patient totally incurable.

Thus the generative organs of both ſexes are weakened and deſtroyed; the *penis* by its habitual diſtention is ſo worn and debilitated, as (ſuppoſing a due erection, which is ſeldom the caſe) to loſe its expulſive, and the womb its retentive faculties; the ſemen ſhall become ſo thin, wateriſh, and unconcocted, that their endeavors to beget iſſue, muſt prove of courſe wholly ineffectual; or if by nature's extraordinary helps, they ſhould procreate, the half-got fruits of their laſcivious induſtry will come ſo little and weak into the world, as to prove a miſery to itſelf, a diſhonour to the

human

human race, and a ſcandal to its parents *.

A friend of mine not long ago, as we were complaining of the times, repeated two ſtanzas out of my Lord Roſcommon, which, I think may here be applicable.

'Twas not the ſpawn of ſuch as theſe,
That dy'd with *Punic* blood the conquer'd ſeas,
And quaſh'd the ſtern *Æacides*;

Made

* *Celſus* reports, and *Martial* alludes to the ſame, That the Ancients (to prevent young *Inamoratos* from waſting their ſtrength, by ſelf-pollution, or untimely venery) in ſome countries ring them when they are young, by putting a great iron buckle thro' the præpuce over the end of the glands, leaving only a paſſage for the urine, which they take out at the age of twenty-five; whereby their ſtrength is not diſſipated, but preſerved, for the procreation of young children, and ſuch as ſhould be able to ſerve their country. The ſame practice *Juvenal* alſo takes notice of. If this was to be uſed here on both ſexes, or this ringing to the males, and *Paracelſus*'s famous liniment to the females, (of which, he ſays, a little ſmeared upon the *labia pudendi*, in a moment of time ſo contracts and agglutinates them as to prevent entrance) how would the health, ſtrength, beauty and credit, to ſay no more, of many thouſands of young people in this kingdom be preſerved!

Made the proud *Aſian* monarch feel
How weak his gold was againſt *Europe*'s
ſteel,
Forc'd e'en dire *Hannibal* to yield,
And won the long diſputed world at
Zama's field.
But ſoldiers of a ruſtic mould,
Rough, hardy ſeaſon'd, manly bold;
Either they dug the ſtubborn ground,
Or thro' hewn woods their weighty ſtrokes
did ſound.
And after the declining ſun
Had chang'd the ſhadows, and their taſk
was done,
Home with their weary team they took
their way,
And drown'd in friendly bowls the labours
of the day.

Were we ſtrictly to examine the many miſerable objects that have been ſeen labouring under the moſt intolerable, obſtinate, and incurable diſeaſes, we ſhould certainly by tracing find, that they are the manes of hereditary vices, debaucheries, and intem-

perance : evils and gouts, ſcurvies and dropſies, aſthmas and conſumptions, lameneſs and rickets, leproſies and ulcers, blains and blotches ; in a word, half the train of chronical diſeaſes with which we ſee children afflicted, are only the ſecondary ſighs and groanings, the evidential marks and reproaches of a parentive ill-ſpent life.

Happy is the man then ! happy are his branches, the iſſue of his loins ! who, thro' a ſeries of temperance and well-doing, with fair age and decay, has entailed the feeling leſſon of a good and ſober life : pleaſant muſt that reflective end be, that is able to pronounce peace to a man's breaſt, and long life and health to his family, as free from any right to hereditary diſeaſes !

What numbers of debauchees in different climes and ages, worn out by guilty intemperance, mournfully lament their curſed fate, in not being bleſſed with an heir to ſucceed to their half-ruined fortunes ? conſiderate

ſiderate nature thus to diſappoint them----- for what but impurity, and diſeaſe, could they give birth to? happy, thrice happy decree of nature, that virtue alone can claim a ſmiling, and a healthful progeny!

" Go to the humble roof of lowly ſwains,
" There ſhall you find the luſty progeny,
" The pictures fair of roſy health: no
" aches
" Diſtract their infant frames, no puſtules
" foul
" Deform the bright ſerene that innocence
" Spreads o'er their brows; nor pining
" atrophy
" Blaſts their fair flowers of youth."

How vaſtly inferior to theſe bleſſings, are the vain delicacies of moſt perſons of affluent fortunes, which are cloſely attended with real evils. Wherefore,

——*Horum*
Semper ego optarim pauperrimus eſſe bonorum.
Horat. Satyr. 1. Ver. 78.

As too much friction produces weakneſſes of the genital parts, ſo alſo doth too much venery; and the misfortunes which flow from them have ſo cloſe a connexion, as to make it neceſſary to deſcribe them jointly; for what is ſaid of the one, may, generally ſpeaking, be underſtood of the other; ſince both, when immoderate, drain the ſpinal marrow, and waſte the body after an almoſt incredible manner.

Many by marrying too young, and addicting themſelves too much to the *res uxoria*, have by a continual expence of *ſemen*, tho' it be never ſo little, quite enervated and deſtroyed their conſtitutions, and precipitated themſelves headlong into another world. *Dodonæus* tells us, that he knew a young gentleman of eighteen years of age afflicted after ſuch a manner by the profuſe expence of his ſeed, that notwithſtanding all that could be done for him, he died in the laſt ſtage of a conſumption.

Zaculus alſo, in his practice, relates the caſe of a young man newly married, who was exceſſively addicted to venery. This man, ſays he, though he was nouriſhed with ſtrong meats, yet he was daily more and more extenuated, till being ſeized with a ſmall fever and ſhort breath, the retentive faculty of his ſeminal veſſels being weakened, he fell into a *gonorrhœa* with extreme weakneſs, ſo that he could not go without a ſtaff. And,

Rondeletius writes, that he ſaw a nobleman who was much troubled with a *gonorrhœa* from too frequent coition, which at laſt dilated the ſpermatic paſſages, and irritated the ſeed, ſo as frequently to dart out in the night; after which ejaculation he was ſo feeble, that he could not keep himſelf upright, but was forced to lie in bed, or ſet with his legs elevated. I could give many more recent inſtances of this kind; but, for the reaſon already given, I ſhall only ſubjoin part of a letter, which I received from a patient lately on this ſubject.

After

After having lamented his folly, and partly deſcribed the ſituation he was then in, he proceeds, "In my youthful days "I had a glorious and moſt excellent "conſtitution; I was healthful, ſtrong, "and vigorous, was a perfect ſtranger to "all diſeaſes and diſtempers; was full of "blood and ſpirits, liberal and active, and "enjoyed ſo nervous and robuſt a frame, "that I fancied myſelf proof againſt all "the injuries of time, and infirmities of "old age. But, alas! how changed! how "diſtempered is that conſtitution, which "was once the admiration and the envy "of all mankind! Inſtead of my former "health and beauty, I am now totally "diſtempered and infirm, and have no "part about me undiſeaſed. My head is "ſtupified, my heart vitiated, my lungs "ulcerated, my ſtomach nauſeated, my "blood extremely poor and corrupted, "and my legs and feet greatly inflamed. "But theſe grievous diſorders did not "ſeize me all at once; they have been "creeping upon me for years; and tho'

"I

" I have from time to time applied to every
" able phyſician I heard of, and tho' all
" of them pretended to underſtand my
" caſe, and promiſed me a ſpeedy cure,
" yet, to my great diſappointment and
" ſorrow, I have too late found, they gave
" me ſuch hopes only to keep me in hand
" for the ſake of their fees, and either
" could not, or would not reſtore my con-
" ſtitution. Nay indeed, too many of theſe
" pretended phyſicians, whom I found by
" dear bought experience to be errant
" quacks, inſtead of relieving me for the
" large fees I gave them, greatly increaſed
" my diſorders. Every one of them *bled*
" me largely, tho' I have ſcarce any blood
" left in my veins, by which they have
" emaciated me to ſuch a degree, that I
" am become a mere ſkeleton, and muſt
" of courſe ſink under the weight of my
" affliction, if you do not compaſſionate
" my caſe, and preſcribe ſome remedy
" that may prevent the diſſolution of
" *J—— D——*."

The

The pernicious effects of this *gonorrhœa* are very conſiderable. Dr. *Read* tells us, that there is danger in the leaſt degree of this diſorder; for it more and more weakens the veſſels, and hurts their action, eſpecially if hard drinking or frequent coition be uſed. In ſome, the urine and *ſemen* have been diſcharged involuntarily, and generally little threads, filaments, and the like, ſwim about in the urine.

This has, upon neglect, had ſuch effects on ſome perſons, as to bring them into declining conditions, which have terminated very ill, when ſome proper corroborating medicines would at firſt have eaſily remedied them. Hence it appears how neceſſary it is to prevent the progreſs of theſe diſorders; and whatever may be the firſt cauſe, not to let them arrive at a degree of inveteracy.

But the moſt formidable ſpecies of this diſeaſe, is, when the retaining veſſels are ſo extremely relaxed, as to permit the ſeminal juices

juices to paſs off upon the ſlighteſt ſtimulus; as a luſcious idea, or converſation with a woman, after ſtraining at the diſcharge of the excrements, or after riding on horſeback in conſequence of a relaxation. In the night-time the ſame accident happens from venereal dreams, with a ſenſation of enjoyment; and this is almoſt conſtantly attended with a continual weeping, or gleet, which exhauſts the ſtrength of the patient,

But this draining is not equally great in every one; there are ſome whoſe powers are only weakened, without being deſtroyed. I have met with men, who after a virulent gonorrhœa *, exceſſive venery, or maſturbation, had a continual running from the yard, which did not, however, render them incapable of erection and ejaculation.

On the other hand, I have ſeen others who, like the former, had a running,

* Vid. p. 52.

which rendered them incapable of all venereal inclination and erection, and conſequently of all ejaculation, tho' the teſticles did not ſeem unable to perform their functions. The firſt diſorder is much more frequent than the latter; the reaſon of which is eaſily conceived, from a knowledge of the ſtructure of the genital parts.

The matter of this flux is an humid, thin, cold, colourleſs ſubſtance, called by *Hippocrates* a *liquid ſemen*, which is void of fœcundity; for how is it poſſible, that nature thus refrigerated, ſhould emit a prolific juice? Thoſe afflicted with this diſorder, muſt of neceſſity become old in habit of body, ſlow, languid, dull, ſpiritleſs, ſilent, feeble, wrinkled, unactive, pale, effeminate, of a weak appetite, cold, with a heavineſs of the limbs, and a numbneſs of the legs, weak, lazy, and indiſpoſed for all manner of action.

In many ſubjects this diſorder is the forerunner of a palſy (which, as *Boerhaave* has obſerved, is for the moſt part incurable); but

but it generally terminates in that ſpecies of conſumption, called *tabes dorſalis*, a diſorder little treated of by phyſicians, tho' fully deſcribed by the divine old man *.

Of the ſeveral kinds of conſumption incident to the human body, the *tabes dorſalis* is the ſloweſt in its progreſs, but the moſt melancholy in its circumſtances; and, unleſs timely obviated, for the moſt part fatal. The proximate cauſe of it is a general debility of the nerves, proceeding, as I have already ſhewn, from *too early venery*, an *immoderate uſe* of it, or (as is moſt commonly the caſe) from *ſelf-pollution*; and

* Tabes dorſalis ex ſpinali medulla oritur, præcipue recentes ſponſos & libidinoſos corripit, febres ſunt expertes, bene comedunt & colliquantur. Quod ſi ita affectum perconteris aſſerit ſibi videri, ex ſuperioribus partibus a capite velut formicas in ſpinam demitti, cumque urinam & ſtercus reddet, ſemen genitale copioſum & liquidum ei prodit, neque generatio fit, & inter dormiandum, cum uxore dormiat necne veneris ludibria patitur. Cumque alias, tum præcipue per locum arduum iter facerit, aut cucurrerit, anhiloſus, & imbecilis evadit, caput gravatur & aures ſonant. Hic temporis progreſſu vehementibus febribus correptus perit ex lipyria febre.

Burnet. Hippocrat. Contract. p. 114.

therefore chiefly incident to young people of ſalacious diſpoſitions.

The ſymptoms which preſage this conſumption, I have generally obſerved to be theſe: an hypochondriacal oppreſſion, melancholy, and too much thoughtfulneſs; pain in the back, and often in the head; an aching pain, rolling and hanging down of the teſticles; a weakneſs of memory and ſight, and a decay of ſtrength; there is a ſenſe of weight and giddineſs in the head, and a ringing in the ears; and as the diſorder proceeds, all the ſymptoms are increaſed.

Theſe are followed by ſome others; as a thirſt, an hectical diſpoſition, an atrophy, a waſting of the fleſh, a hollowneſs of the eyes, a meagre and thin viſage, a palpitation of the heart, a ſhortneſs of breath, *&c. &c.* 'till at laſt the body is brought to the higheſt degree of a conſumption, and that very often, without any cough, or

any

any other remarkable ſign of a conſumption of the lungs.

When the diſeaſe arrives at this period, a proper method of relief, ſeverely perſiſted in, may ſtop its career, but not unleſs it be ſeverely perſiſted in; for as theſe appearances are a long time (years) in *embryo*, their duration is long, obſtinately ſtanding out againſt the neceſſary and moſt efficacious remedies.

Before I proceed to the method of cure, may I be allowed a ſhort digreſſion here, ſince it is not foreign to my ſubject? Authors take notice of three ſpecies of gonorrhœas: The firſt is called a ſimple gonorrhœa, or perpetual effiux of the ſeminal juices, without any virulence. The ſecond, is a virulent, or venereal gonorrhœa, commonly called a clap: And the third, is the remainder of the ſecond, when the virulency is carried of, commonly called a gleet.

This laſt ſpecies is a diſcharge of mucous humour from the *veſiculæ ſeminales*, and the *proſtrate gland* (analogous to the *fluor albus* in women) which is generally the reſult of an ill-judged method of curing a virulent gonorrhœa, with violent cathartics, which deſtroy the natural tone of the fibres, heat the blood, and inflame and weaken very much the parts affected.

Theſe gleets are very troubleſome to men, but much more ſo to women; and, unleſs timely remedied, often end in conſumptions, for the ſame reaſons that have been already given; ſince the matter that is diſcharged every day, is ſo much of the nutritious juices of the body; the parts adjacent being defrauded of their proper nouriſhment, firſt cauſe weakneſs in the loins, then in the back, and by degrees the whole body is affected with hectic heats, and an univerſal conſumption and waſting of the fleſhy parts, which, generally ſpeaking, prove very difficult of cure.

And

And this, I believe, will be allowed, that 'tis no ſuch eaſy matter to reſtore to their proper tone, and due contraction, any fibres that have been relaxed by an influx of humours upon them for ſome weeks, nay months, through immoderate and inconſiderate purging in all conſtitutions.

This purging method is better borne by men, than women, whoſe fibres are not ſo tenſe, or fleſh ſo firm; nor is their conſtitution ſo ſtrong as men's: Beſides they can't go thro' this courſe ſo roundly neither, but muſt intermit every now and then, and leave off taking medicines quite; in which time the diſorder gains ground, and requires more doſes, than it does in men; and thus proves the bane and deſtruction of more of the female ſex, than can be at firſt imagined.

Hence another and a very common cauſe of impotency in one ſex, and barrenneſs in the other; and many a family loſt, occaſioned only by this rough method of treating,

ing, ſuch as are the unfortunate adventurers in *Cupid*'s gardens.

I will not preſume to ſay that purging is not at all neceſſary in this caſe; but I dare boldly affirm, it is the leaſt part of the cure; and, beſides the miſchief ſtrong purging does in the blood, the ſtrangury, and cordee, the common attendants on this diſtemper, and the moſt troubleſome and vexatious ſymptoms to the patient, are always increaſed by it, and the running continued too long, 'till it ends in a chronic gleet, which baffles every common method of cure.

Now, if theſe things are true, as I am perſuaded they are demonſtrable, and ſelf-evident, from the many ſad inſtances of this kind which I have frequently met with, would not an eaſier method of carrying off and ſubduing this virulent and contagious humour be a great acquiſition to the healing-art, and contribute to the happineſs of mankind in general?

Surely

Surely it would; and this I have often done by a ſimple medicine, which is ſo far from being ungrateful to the palate, that any child might take it; and it is no more than a few drops of an agreeable liquor, to be now and then repeated, without the uſual fatigue, ſtink, and trouble of ſwallowing any mercurial or nauſeous purge.

A new method of cure, which might be ſo ſecretly carried on, and diſcreetly managed, that even a bed-fellow could not diſcover it; and after the uſe of which ſafe medicine, no pox could poſſibly follow, as it would cure that beſides, if preſent, into the bargain.

Next, probably it may be expected, that out of my profeſſed benevolence, I ſhould ſo far extend my charity, as to oblige the public with this ſafe, ſhort, and neat remedy; but here I muſt beg to be excuſed, for two very good reaſons: Firſt, for fear of encouraging you in the vice, as it is generally a diſorder of your own ſeeking;

and, ſecondly, becauſe I would not ſo far offend my brethren, as to deprive them of the beſt, if not the main branch of their buſineſs, and thereby be acceſſary to ſo great a detriment done to thoſe of the profeſſion.

And yet, methinks, I cannot but take pity upon theſe poor wretches too a little; wherefore, to prevent ſome miſchief, I would adviſe ſuch, immediately after the criminal fact, to waſh their wickedneſs with warm water, daſhed with a little vinegar, after having ſoaked it a while therein firſt; which, tho' it cannot cure them, may yet prevent the conſequences being ſo violent, by waſhing off ſome of the poiſon, and weakening the reſt.

As ſoon as you have rubbed all dry, fly for your life, run home, mind your own buſineſs, and do ſo no more, leſt a worſe thing befal you.

Before I return from this digreſſion, I cannot forbear mentioning the following melancholy

melancholy caſe, eſpecially as it may ſerve as a caution to others, how they truſt themſelves in the hands of any empirical pretender, leſt they repent of their folly when it is too late.

" *C. L.* was a young gentleman of an " immenſe fortune, whoſe character was " univerſally admired. He had in his " travels unhappily contracted the venereal " diſeaſe, of which he had been palliatively " cured by a pretender in phyſic. At his " return from abroad, he paid his ad- " dreſſes to a young lady, whoſe beauty " and merit made her the toaſt of the gen- " teeleſt tables. He married her; but, " alas! ſoon after his marriage, he com- " plained of night pains in the middle of " his limbs, with a ſtiffneſs in his joints, " an intolerable pain fixed in the middle " of his ſcull, with large knobs, obſtinate " impoſtumes, and many other ſymptoms " too tedious to relate.

" His wife began alſo to be afflicted " with ſtrange complaints in various parts

" of her body, which made him ſuſpicious
" of his not having been properly cured.
" He related to her what had paſſed, and
" told her, that it was neceſſary for them
" to have proper advice; but a miſtaken
" baſhfulneſs made her reject the counſel;
" and ſhe deſired that he might take her to
" the ſouth of *France*, where, not being
" known, ſhe thought that ſhe could with
" leſs reſtraint, communicate her com-
" plaint to a ſtrange phyſician: But ſhe
" died on the road, and he in a fit of deſpair
" put an end to his life."

It would fill whole volumes to give the hiſtories of thoſe unfortunate victims, who have this terrible diſeaſe communicated to them without any guilt on their ſide; namely the wives and children of thoſe men, who marry before they are cured of the diſeaſe, either knowingly, or imagining themſelves quite ſound, when they have only gone through a palliative cure of quack-medicines.

But

But ſo much *en paſſant*, and no more, for I am not writing a treatiſe on theſe maladies; and it is time to reſume my former ſubject.

All phyſicians that have written upon theſe diſorders, have pronounced the cure to be very difficult, and every one who has had occaſion to treat them, has experienced it himſelf; nor can any other reaſon be aſſigned for this, than that in this diſorder there is a perpetual afflux of impure humours from all the parts of the body, to thoſe affected, which are already too much weakened, and have their tone deſtroyed. Beſides, theſe parts conſiſt almoſt entirely of nerves, and nervous coats; and it is not without the greateſt difficulty, as we learn from experience, that the energy of medicines penetrates to them.

But before I proceed to the medicinal part of the cure, I ſhall firſt lay down ſuch rules and directions as are neceſſary to be

obſerved, and without which few long-exiſting diſeaſes of this kind, can be eaſily, if at all removed. Theſe I ſhall mention under the following heads, *viz.* air, aliment, ſleep, exerciſe, natural evacuations, and paſſions.

The *Air* ſhould be dry and temperate; the full ſalubrity of which, is beſt enjoyed in the morning in the open fields; thoſe who ſuck in the air at ſun-riſing, find themſelves much gayer the reſt of the day, and the effect this circumſtance muſt have upon people who are afflicted with theſe diſorders, is too evident to need an explanation*. The air of a city which is inceſſantly inſpired and expired, contains too many noxious particles.

The *Aliment* ſhould be ſuch as compriſeth much nouriſhment in a ſmall bulk, and is eaſily digeſted; this ſhould be taken a little at a time, and often, ſo as never to over-

* Animus eorum, qui in aperto acre ambulant, attollitur. PLIN. Jun.

overcharge the ſtomach, which makes weak people uneaſy, feeble, and melancholy, whereby all their ills are increaſed *. All kinds of ſalt or ſmoaked meats, and particularly fat and greaſy meats, ſhould be abſtained from.

Among thoſe things that may be allowed, milk cannot be too much recommended; it includes all deſirable qualities, without any of the inconveniencies that are to be feared, and it may at any time be made to ſet eaſy on the ſtomach, by diluting it with water; but when milk abſolutely diſagrees with the patient, buttermilk (provided it is not too greaſy) may be taken in its ſtead. Chocolate made with milk, and taken in ſuch quantities as to paſs eaſily off the ſtomach, is an excellent breakfaſt for a tabid conſtitution. The ſucking a raw new-lay'd egg in a morning faſting, is alſo very ſalutary both in the whites and gonorrhœa.

Young

* Accipe nunc, victus tenuis quæ, quantaque ſecum
Adferat, &c. HOR. Sat. 2. Lib. 2.

Young tender fleſh, ſuch as lamb, veal, fowls, pigeons, veniſon, young mutton, *&c.* either roaſted or boiled, may be made uſe of for dinner; but for thoſe whoſe ſtomachs are weakened, and their digeſtive faculties very much impaired, the beſt aliment that can be given, is the juice of theſe meats extracted when the fleſh is half dreſſed, and mixed with a little bread and wine. Nouriſhing broths, jellies of all kinds, and even oyſters, and the like mucilaginous ſtrengthening food, are alſo proper.

Light ſuppers are beſt; in ſhort, the leſs is eaten the better, and nothing but milk warmed before the fire, with a ſlice of thin toaſted bread, can be allowed without detriment, and this ſhould be taken at leaſt two hours before bed-time. Nothing contributes more to promote gentle, eaſy, and uninterrupted ſleep, than a light ſupper *.

Great

* ——————— Vides ut pallidus omnis
Cœna deſurgat dubia? HOR. Lib. 2. Sat. 2.

Great quantities of any liquor are hurtful, as they relax the ſtomach, and weaken digeſtion. The beſt drink is Pyrmont, Spa, or Briſtol water, daſhed with a little good port (or in ſummer rheniſh) wine; for theſe waters are corroborating and ſtraiten the glands of the womb and genitals every where, ſo that the leſs will flow from them. Every thing that is drank, ſhould be drank cold; and tea and all hot ſippings (which increaſe weakneſs and relaxation) ſhould be refrained from.

Sleep, is the ſweet ſoother of cares, and reſtorer of ſtrength; but exceſſive ſleep has its inconveniencies. If the dictates of nature are followed (and a phyſician is nature's miniſter) we ſhould go early to bed, and riſe early. Seven, or at moſt eight hours ſleep, are ſufficient for adult perſons, and the old proverb is,

Septem horas dormîſſe
Sat eſt juvenique, ſenique.

But if any might be allowed to exceed this time, it would be thoſe who have not ſtrength ſufficient to remain long up; or thoſe who take a great deal of exerciſe of a violent kind in the day-time. A hard bed is better than a ſoft one, and the patient ſhould avoid ſleeping on his back, as that poſture heats the genital parts too much.

Moderate *Exerciſe* is abſolutely neceſſary; this ſhould be proportioned to the ſtrength, and ought never to be ſo violent as to create fatigue. Now, of all kinds of exerciſe, riding on horſeback is the moſt convenient; or, if the perſon be too weak to bear it, riding in a coach, or at leaſt in a litter; next follow fencing, playing at ſhuttle-cock, running, or walking. But where there is not ſufficient ſtrength for uſing bodily exerciſe, frictions with the fleſh-bruſh are neceſſary, which ſhould be performed by the perſon himſelf, if poſſible; if not, by his ſervants.

The

The natural evacuations which require our attention, are ſtools, perſpiration, and ſpittle.

Too great coſtiveneſs, or too great laxity, are (generally ſpeaking) remedied by the ſame means; that is to ſay, by chewing about the quantity of a common nut (more or leſs) of Turkey rhubarb, every morning, or every other morning as occaſion may require: This is not only ſerviceable in removing theſe complaints, but as it is poſſeſſed of an aſtringent as well as of a laxative quality, it is attended with this further advantage, that it ſtrengthens the weakened viſcera, at the ſame time that it carries off what is ſuperfluous and prejudicial.

Perſpiration is promoted by rubbing the ſkin night and morning with a flannel, or fleſh-bruſh: Too much as well as too little cloathing, ſhould be avoided; the parts which ſhould be kept the warmeſt are the feet, which are generally cold in weak

people, and is pernicious to them for ſeveral reaſons.

Smoaking and chewing tobacco are very hurtful, and therefore forbidden. Many have been thrown into a conſumption, who flattered themſelves that the continual ſpitting brought on by theſe fooliſh cuſtoms, was neceſſary to preſerve their health; not conſidering what injury they did themſelves by robbing the firſt paſſages, and indeed the whole body, of its ſalutary juices.

I come now to ſpeak of the paſſions: The body and mind are ſo intimately connected, that whatever affects the one, conſtantly influences the other. The paſſions of the mind are not eaſily cured by medicines, but by contrary paſſions. Anger and hope remove fear; joy removes ſorrow, and ſorrow removes joy. Thus the grief and melancholy of the patient ſhould be diverted, by exciting the oppoſite paſſions; that is, by every innocent diſſipation, and by keeping gay and chearful

company. All venereal ideas ſhould, as much as poſſible, be baniſhed from the mind.

Confinement and cloſe ſtudy muſt, of courſe, be hurtful. The vulgar know not the effects of ſtudy; they think all is well with a man, when he eats, drinks, and ſleeps well, and wonder to ſee ſtudents look pale and wan; but nothing is more certain, than that a chain of thoughts anxiouſly purſued, waſtes us more in a day, than many good meals can compenſate.

With reſpect to the medicinal part of the cure, when a phyſician is called in, he ought to do all he can, by proper means and convenient methods, to ſtop the *gonorrhœa* or *fluor albus*, which are the cauſe of this conſumption; and nothing is more common among practitioners in theſe caſes, than to adminiſter *balſamics*, with a view of ſtrengthening the parts, but generally without ſucceſs.

As little ſucceſs alſo attends the exhibition of aſtringents alone, yet they have their good uſe; among which the jeſuits bark is excellent, inaſmuch as it acts upon both the ſolids and fluids at the ſame time, giving texture to the one, and elaſticity to the other; but let no ignorant pretender meddle with it.

Theſe following, under ſome circumſtances, may alſo be adminiſtered with advantage, *viz.* tincture of roſes, elixir of vitriol, dulcified ſpirit of vitriol, bole ammoniac, japan earth, dragons blood, biſtort, and tormentil roots, quinces, crocus martis aſtringens, and the like; alum whey made by boiling a pint of milk with a quarter of an ounce of powdered roach-alum, is of ſervice for ordinary drink, at times, for a change, as alſo the white decoction and tincture of roſes.

But it has been my practice for ſome years paſt, to recommend in theſe caſes a *Strengthening Electuary*, the efficacy of which

which I had experienced long before the firſt publication of this Treatiſe; and I may truly ſay, in many hundred inſtances ſince that time. The ſucceſs with which it has been adminiſtered, gives me authority to ſay (and it is my real belief) that no medicine can be better adapted to remedy theſe complaints in general, for it corroborates the nerves, and all nervous parts; it braces up and ſtrengthens the weakened and relaxed fibres of the viſcera, warms and invigorates the habit, chears the ſpirits, and promotes digeſtion; it gives freſh life to a vapid blood; and, in a word, aſſiſts nature in performing all her functions.

But, to be honeſt, I muſt confeſs, that I have ſometimes found it neceſſary, under particular circumſtances, to make an alteration in the compoſition of the Electuary which I hereby recommend, tho' this has not happened often, nor can it be any diſparagement to the medicine itſelf, ſince every one of common underſtanding muſt know that it is impoſſible to ſuit one medicine

dicine to every conſtitution, age, ſex, and temperament, notwithſtanding what ſome people may ſay to the contrary.

The efflux of the nutritious juices being once ſtopped, we muſt next endeavour with all our power to repleniſh the diſpirited and impoveriſhed blood, as ſoon as may be, with new balſamic and benign chyle: With this intention I recommend my *Nervous Elixir*, which is the greateſt reſtorative that medicine can produce, and in the laſt decays of life will ſtill ſupply the vital lamp with ſome recruits.

It is good in all languors, weakneſs, and decays of the conſtitution, for it ſtrengthens all parts of the body, and by reſtoring the oſcillation of the fibres, quickens the various motions, and gives freſh vigor to the animal functions.

It is an admirable remedy for thoſe who have been in a manner wore out by venereal engagements, eſpecially if their pleaſures

ſures have been purchaſed at the expence of a few ſalivations, or a frequent uſe of mercurial medicines, as it will revive any conſtitution that is not quite mouldered into rottenneſs.

But they beſt deſerve ſuch a reſtorative, who, by acute diſeaſes, ſuch as malignant fevers, the ſmall-pox, and ſuch like, have been ſo broke and ſhattered in their conſtitutions, as hardly to be within a poſſibility of recovery; for in ſuch it will to admiration repair the impoveriſhed juices, and fill again the veins with a warm, generous, nutritive blood.

It is excellent in diſeaſes of the head, ariſing from a conſent with the ſtomach, ſuch as the vertigo, head-ach, ſleepy diſeaſes, dread of an apoplexy, weakneſs of ſight, and a noiſe or ringing in the ears. In convulſive and apoplectic ſhocks, ſuch as bring on palſies and loſs of memory, it is alſo of the utmoſt ſervice; and helps to keep on the main ſprings, and motions of life,

which otherwiſe might languiſh, and at laſt ſtand ſtill.

Moreover, when young people are not ſo happy in their conjugal embraces as many wiſh to be, and it be ſuſpected from a coldneſs and inſufficiency on that account on either ſide, the uſe of this medicine cannot fail to render their intercourſe prolific; as a proper uſe of it, will actually remove the cauſes of impotency in one ſex, and of ſterility or barrenneſs in the other.

In ſeveral women conception has been procured by it, who for many years could have no children; and I have frequently adminiſtered it in caſes of impotency, to people who have thought themſelves dead to the act of generation, ſo as to render them as capable as ever, to the wonder of all that took it.

But, let ſuch as indulge themſelves too laviſhly in theſe enjoyments, be careful how they ſpur nature, and prompt with ſuch helps;

helps; for the beſt conſtitutions in the world wear out, and ſink under the frequent repetition of ſuch profuſion; as the frequent ſtraining any elaſtic body whatever will weaken more and more its ſpring, till it is quite loſt, notwithſtanding all the helps of art to preſerve it *.

In ſhort, this truth ought to be imprinted deeply in every mind, that theſe, and indeed all other

Voluptates commendant rarior uſus.

Pleaſures are heightened by a ſparing uſe.

The reader now naturally expects, that I ſhould tell him the ingredients and manner of preparing theſe medicines, otherwiſe he is determined to pronounce me a quack; and, notwithſtanding all I have ſaid, to believe that this Treatiſe is intended merely to promote the ſale of the medi-

* Omne violens naturæ inimicum et contrarium eſt, & motus violentos, natura non patitur abſque læſione manifeſta.

cines for my own emolument: I muſt intreat him, however, to hear the reaſons which have determined me to keep theſe preparations a ſecret.

In the firſt place I might plead in excuſe the example of almoſt all the eminent phyſicians among the moderns, who have had their noſtrums, and whoſe ſecrets after their deaths have been the ſubjects of a thouſand volumes. *Stahl* and *Hoffman*, both profeſſors of phyſic at *Hall*, and both juſtly celebrated for their medicinal abilities, without ſcruple confined many medicines to their own private practice, and died without diſcovering them to the world. Nor has this been always eſteemed a reproach to the phyſicians of our own country, for many now alive have their ſecrets; and the late Dr. *Burton* had a hundred.

But as precedents, provided they are bad, are not of ſufficient authority to juſtify imitation, give me leave to obſerve further, that theſe medicines have been and ſtill may

may be of infinite ſervice to a conſiderable number of people in this kingdom: If I were to make them public, ſo as that they might be prepared by every apothecary in the kingdom, what would be the conſequence?

The conſequence would be that notwithſtanding their excellence, they would be neglected, and a number of people thereby deprived of a benefit which ſo long as they remain a ſecret, may reaſonably be expected from them; nothing being more certain, than that mankind naturally deſpiſe thoſe things which are commonly known, and too eaſily obtained: Of this truth I could produce a thouſand examples.

Some of the beſt medicines that ever were contrived, have ſunk into oblivion, for no other reaſon than becauſe their compoſitions were made known. Does any one believe that Dr. *James*'s powder would have been ſo univerſally beneficial, if he had publiſhed his ſecret to the world?

To

To conclude; the omnipotent Creator has given us *paſſions*, for very wiſe and good ends; which ſeem to be, that thereby we may be urged with a kind of impetuoſity, to ſhun evil, and embrace good; wherefore the paſſions are not bad in themſelves, it is by their exceſs that they become vicious, when they riſe to ſo extravagant a pitch, as not to be governed by the dictates of reaſon. But we ought to uſe our beſt endeavors to keep them within proper bounds; and the more difficult the conflict, the more glorious will be the victory.

We have all a natural propenſity to pleaſures, but theſe are of two different ſorts, the ſenſual and the mental: Senſual pleaſures engroſs the greateſt part of mankind, while thoſe few only, *quos equus amavit Jupiter*, are taken with the beauties of the mental. And the reaſon why ſo many run after pleaſures of the firſt ſort, ſeems to be becauſe they hardly ever allow themſelves an opportunity of taſting the ſweets of an upright conſcience, or of feeling that

that joy which ariſes to a good man from the moderation of his irregular deſires; and being entirely devoted to the gratification of their ſenſual appetites, they never give attention to the real charms of virtue.

Wherefore, whoſoever deſires to enjoy this ſolid happines, ought to inure himſelf by degrees to the love of virtue, and ever carefully to avoid adding fuel to the fire of his paſſions.

Appoſite to theſe ſentiments is that ſaying which *Cicero* puts into the mouth of *Cato*, as by him received from the great *Archytas* of *Tarentum*; that nature never afflicted mankind with a more capital plague than bodily pleaſure, the eager deſires of which ſpur on to enjoyment with ungovernable raſhneſs *. And the reſt of what that great philoſopher has written on this ſubject, muſt delight the mind of every wiſe man in the peruſal. Wherefore virtue's exclamation in *Silius Italicus* is very juſt:

Quippe

* De Senectute, Cap. xii.

Quippe nec ira Deum tantum nec tela, nec hoſtes;
Quantum ſola noces animis illapſa voluptas *.

Pleaſure, by gliding on the minds of men,
More miſchief haſt thou wrought than hoſtile arms,
Than wrath gods.

But as the due government of the paſſions ſtrengthens the mind, ſo temperance in diet renders the body leſs expoſed to theſe turbulent emotions. And this rule holds good, not only in thoſe who are naturally of a hot conſtitution, but even in thoſe who curb their appetites; becauſe it keeps them in a ſtate of tranquillity; and this is the way in general to reſiſt thoſe evils, or at leaſt to diminiſh their effects †.

It

* Panicorum, Lib. xv. V. 94.

† Obeatam temperantiam! nunquam ſatis laudandam nunquam ſatis admirandam! primæve ætatis quam feciſti auream, *decus et tutamen!* tui ipſius ſuadelam utique et pretium! lætis aliquando *Saturni* temporibus viſam! puris puiſque animis in omni ævo cultam uſque et colendam. Tu es ſi quod uſpiam in terris, *verum Archæi ſedativum*, et conſervatrix mentis ſanæ in corpore

It is alſo of the utmoſt conſequence to frequent the company and follow the advice of perſons of fortitude and wiſdom; for in every ſtage and ſtate of life, great is the power of example, whereby we inſenſibly learn to give ear to reaſon, and govern our paſſions; which unleſs brought into intire ſubjection, will become our tyrants.

But as for thoſe who would have us to be entirely devoid of paſſions, and to ſuppreſs all the affections of the mind as if they were ſo many evils; they certainly have a wrong notion of the wiſdom and goodneſs of the almighty Creator, who has inſerted, and as it were, interwoven them into our frame for excellent purpoſes; for they

pore ſano. Tu recta deducis tui cultores ad longam et jucundam ſenectutem vultu placido et juvenili, grato et amabili. Tu denique tui ipſius inimicorum laudibus ornaris, et amabilis etiam ab ipſis dicaris, quibus, te imprudentiſſimi repudiatâ, manet *Satyrici maledictio*, ut *virtutem hanc videant intabeſcantque relictâ*.

they are not only beneficial to individuals upon many occaſions, but even neceſſary for keeping up ſociety and connections between mankind.

FINIS.